

Sanctuary News 3 225 e utah fairfield calif 94533

Our modern drugs are becoming impotent against disease. A new gonorrhea is untouched by penicillin which once cured it overnight. Disease-carrying flies can wade in insecticides that once were deadly as nerve gas to man. Adaptation. Modern civilization is creating new diseases unknown 50 years ago. From a declining serious-disease rate a few years ago, we are into a steep rise. Black Death (bubonic plague) is endemic in many areas including California now, as are several other horrible diseases from other lands, particularly venereal diseases which, according to doctors and researchers, are primarily due to the activities of homosexuals. San Francisco has become a world-wide center of this activity, to which they come, bringing their exotic diseases and spreading them throughout the population.

However, over 90% of all disease, leading doctors and researchers say, is due to faulty diet and lack of exercise. There are about 103 elements. The human body is composed, mainly, of 16, plus traces of the rest. Because extremely tiny bits of these 97 are needed, don't make the mistake of thinking them unimportant. They are just as vital as the "big 16".

Many, if not most, of the needed elements are removed from the food by the manufacturers before it is sold to you; "so it won't spoil", "so it will taste better", "so it will be whiter", and a thousand more reasons...but...really...so it will be more profitable to the manufacturer. I say manufacturer rather than grower/baker/cook/canner/processor/etc because this stuff by the time it hits the grocery shelves is not a food, it is a manufactured item, sold for money and with no concern for what it does or does not do for or to your body or your mind. Bleached bread was sold for 40 years before the govco tested it and found it damaged the minds of test dogs and another method was required, and maybe this one is not harmful. And consider the poison added in the field, and the harvesting, and the transporting, and in the elevators.

Some foods are contaminated by radioactive fallout and much of this weakens considerably before you eat it. Radiation is not entirely a modern invention. We have the "natural" background radiation and that which comes in from space. Archaeologists have found places in other lands where atomic explosions have occurred. They have also found manmade stone structures which have been partly melted, as if a gigantic laser beam had played over them. A set of maps have been found, and are now in the Smithsonian Institute (Piri Reis maps) which show the continent of Antarctica without snow. The location of mountains just recently discovered by us are accurately shown as are accurate shorelines shown. These are buried under thousands of feet of snow and ice and have been just recently plotted by sonar.

The important point and possible why the Bible shows lifespans in the long-ago of a thousand years, progressively diminishing to the present 70 is the discovery of part of the causes of aging. Uncontrolled radiation damages unprotected DNA/RNA chains knocking off memory cells related to the production of body-replacement parts. The damaged and worn-out cells are not replaced with original-quality replacement parts. And the materials, the elements, are often not available for use in these replacement parts. Because of poor agricultural practices and improper or no care of the soil; because of neglect of Earth, much growing land is barren of needed elements. They have been farmed off, mined out, sold off, leached down out of the plant's reach, washed or blown away or, because of the lack of a combinant, are unavailable to the plant and so are not available the body, and, as I mentioned, many are deliberately removed for financial reasons by the manufacturer.

Food is now mostly carbohydrates and fats and added chemicals. The chemicals are added for flavor, texture, color, replacement for something removed to allow less-expensive production, or to do some other good thing for you...so the manufacturers say...but the real reason is for more profit for them. Just as they say the high cost of food is due to the cost of transportation and labor, yet food sold in California not 20 miles from the fields where it grew costs more



than the same thing on "fun city" (noo yawk) grocer shelves. Just more lies.

Anything added to kill something, whether bug, bacteria, or whatever is a poison. Since man, bug and bacteria are all basically similar, anything that will kill one; preservative, insecticide, herbicide, fungicide, etc, will harm man to however small a degree. Enough little hurts add up to a big hurt, or death. Ask those who have been hit by this "benign buck". The chemicals to chase away the rodents are the same.

Organic matter is missing in the soil to properly nourish the plant. Organic substances and elements are naturally absorbed into the bloodstream from the food you eat to supply material to replace the removed cells and tissue. If they aren't there, they can't be used.

The body can use only a small amount of carbohydrate. (The high-carbohydrate diets work by poisoning the body.) The excess carbohydrate is excreted through the kidneys. This modern oversupply is an unnatural situation. In natural untouched foods, carbohydrate is present in a balanced proportion with the other elements and buffers are present, so your body has little or no harmful material to dispose of. Elimination of modern excesses through the kidneys is harmful and causes kidney and several other diseases of civilization. Some of the extra carbohydrate is carried in the blood, as a poison, into muscles & joints to produce rheumatism. It also produces what seem to be colds & fevers, and it may cause pneumonia and death, or many other "real" and "imitator" diseases..

Carbohydrates are, among other things, such highly-"refined" items as starches, sugars, fats & oils...call them white breads, white sugar, white shortenings, etc.

Wheat is almost a perfect food, except to those few who are allergic to it. They should eat some other grain. It contains all 16 major body elements in almost balanced amounts. The protein is incomplete but 1 part bean/pea to 7 parts wheat balances it perfectly and is tasteless. The combination is a better protein than steak. The food manufacturers extract 12 of the 16 elements in their commercial white wheat flour, leaving only the 4 carbohydrate elements...or white flour. Real flour spoils too fast on the grocer shelves to be a good profit item in this market today. Avoid refined anything and your health (and your pocketbook) will improve.

A basic rule for those would remain healthy and live long is to eat it raw...fresh or dried...and if dried, not commercially dried with their...guess...chemical methods. Eat only those natural foods that will spoil or the bugs or rodents will eat, and eat them before they spoil. Do you know why spices were originally used...to disguise the taste of rot. Previous articles in Pioneer, Sanctuary News and in my Survival/Subsistence columns cover much of this in more detail.

You needn't mix foods in a meal, except for your pleasure or to balance proteins & elements. One food per meal will do and doesn't confuse your stomach. The man, Frank Wightman, who sailed Wylo all over the oceans (The Wind Is Free, Wylo Sails Again) ate only what he had until he finished it and got something else. Maybe apples until the barrel was gone and then bananas. Eat lots of greens (tame or wild), whole grains, fruits, nuts, raw milk, lean meat, cheese, eggs, fowl, veges, etc.

Other man-made causes of sickness are the toxic wastes thrown onto the land to sink into the groundwaters and our drinking water, or into the streams or the air to spread over Earth because it is too "expensive" (to the businessmen) to properly dispose of them. The winds over America are a thousands-of-miles-long sewerpipe. All pollution, from bad breath to radioactivity, moves downwind...from west to east. Therefore, live upwind of a pollution source or a war target. And live far uphill, as well as upwind, from a chemical waste dump.

You have all heard of Love Canal. There are many love canals. The radioactive dust from the mine tailings piles of the uranium mines in eastern California are blown by the winds in a widening swath clear to the Atlantic Coast and beyond. A chemical waste found in the dumps is C-56, a byproduct of the manufacture of the insecticide Mirex. It was rejected as a war nerve-gas because it was too deadly and uncontrollable. Another byproduct in the dumps, dioxin, is the famous Agent Orange.. Acridine, a waste from synthetic fuel production, causes extra eyes, heads, feet, flippers, etc in tests. And, of course, PCB. Several hundred-thousand tons lay in waste dumps now and at least 60,000 tons is already in our groundwater and our drinkingwater. Everyone has read of the leaks in radioactive-liquid holding tanks. People downwind of chemical waste dumps, and now even city garbage dumps because of illegal dumping, particularly when they



catch fire, are finding cancers, liver/lung/nervous system damage.

Akwesasne Notes has carried several really horrible stories in the last few years, including some on the diseases caused by mercury dumped into rivers by paper-makers.

About 36 million tons of chemical waste is produced annually. About 100,000 dump sites exist in the US alone, many forgotten, with people living and working on them, as with Love Canal. DDT production was halted over 10 years ago but over 4000 tons still lie on the bottom of a small stream near Triana, Alabama. People living around there and downstream from it have over 10 times the "normal" amount of DDT in their bodies. DDT, like most of these wastes, is not a natural product but is man-made. They never existed in nature and our bodies have no ability to handle them. Most have been created since WW II by chemical companies.

There is no "normal", not natural amount/allowance of these in our bodies nor in our world, but we all have some, so our glorious leaders have decided to call the average a "normal" amount. Some day, vicious practices will not be allowed just for a financial "profit" for some few rich/powerful individuals or companies, and harm to everyone else. These poisons are hurting us all, now, today, and will for the rest of our lives. Try to avoid adding more. Don't eat manufactured foods. Don't wear synthetic clothes. No tests have been made on how much chemical residue may osmote into the wearers body from these materials, particularly if not washed before wearing, nor the effects, if any, from their static electricity generating capacity, but they aren't the clothes to wear if trying to stalk through the dark. Air your home well. Plywood, plastics, synthetics, modern paints/dyes/materials exude traces of toxic fumes into the air for years after manufacture (and wood preservatives and bug sprays are worse) and these fumes will concentrate and build up to dangerously poisonous levels in an unventilated home. The govt. bureaus are becoming concerned about these inside pollution levels. They are worse, in really bad gases, than many heavily-traveled streets.

About 535 BC, Babylon was the greatest city in western history, under King Nebuchadnezzar. In 539 BC, it fell to Cyrus with very little bloodshed. His Medo-Persian army diverted the Euphrates River and walked into the city while it slept through the almost-dry river-bed. The watchmen failed to do their duty. 200 years later, Alexander the Great destroyed the Persian Empire, which stretched from the Aegean Sea to the Indus River in India. And Rome swallowed the Greeks.

Oswald Spengler, German philosopher, said that all civilization must have four stages; birth, maturity, decay, death. Thomas Carlyle, Scot historian, said the rise and fall of nations was the history of a few great men. Arnold Toynbee, English historian, based on his analysis of 26 civilizations, claimed that the survival of a nation depends on its successful response to challenges. When it fails to respond successfully, it is dead, whether still-standing for the moment or no. Winston Churchill spoke to the US Congress on Dec 26, 1941 and said, "he must indeed have a bling soul who cannot see that some great purpose is being worked out here below." Since his action in both WW I & WW II (one example is his deliberate attack on civilians as in his saturation bombing and burning of the open city, Dresden, crowded with several million women and children refugees and no military and his plan to murder several million more by returning all refugees from Russian-occupied lands to be shot by the Russian army (successful) and his plans to starve millions of German civilians to death (unsuccessful) in the Morgenthau Plan. Since these actions were hardly Christian, we wonder what power he was referring to in his statement. About 10 months later, in Britain, he said, "I sometimes have a feeling of interference...I have a feeling sometimes that some Guiding Hand has interfered." Ben Franklin speaking at the Constitutional Convention, June 1787, said, "The longer I live, the more convincing proof I see that God governs in the affairs of men. And if a sparrow cannot fall to the ground without his notice (Matt 10:29), is it probable that an empire can rise without his aid?" Yet Ben Franklin, history tells us, was a member of the "witchcraft" cults of England, including, I think, the Hellfire Club.

The invincible Spanish armada, 1588, attacked England. The English ships ran out of ammunition. While the English ships were gone to rearm, gales arose and drove the armada onto the rocky shores of Scotland and Ireland. The battle of Tours, France was lost in 732 when, as the Moslem cavalry was breaking through the Frankish infantry, a rumor spread through the Saracen ranks (men fighting for their lives on the battle line stopping to gossip!) that the Franks (the force they were facing) was in their rear plundering the loot in their camp. The battle of Hastings, 1066, was lost when the entire English army fled when they heard their king, Harold,



was struck in the eye by a stray arrow and killed. (I will admit that I admire their rulers in those days a lot more than our own. Those were men enough to get out into danger with the men they had suckered into dying so they could conquer someone. Our glorious cowards hide in the center of the country with mobs of flunkies ready to grab them away from any kind of danger. If you want to rule you should at least have the guts to stand up like men and face some danger. That is little enough risk for all you steal from us.). The russian/austrian army, manouvering in thick fog, left a gap in their lines. Suddenly, the sun shone with unusual brightness, and Napoleon seeing it and sending a cavalry force under Marshal Soult into that gap, won the battle of Austerlitz and the rule of europe. As Napoleon had been given rule by the sun, rule was taken from him by the rain. Terrible and continuous storms had bogged down the french supply trains with food and supplies. Then Napoleon, facing his enemy, was finally forced to attack, his artillery and cavalry couldnt break the opposing infantry. Without the rain and mud, Waterloo would have been a victory. Victor Hugo said, "the shadow of a mighty right hand is cast over Waterloo; it is the day of destiny, and the force which is above man produced that day". June in france is not a time of great rain normally. 300,000 troops were evacuated from Dunkirk, 1944, across an english channel that many seamen considered strangely calm for that time of year. Bad weather just to the east kept the Luftwaffe on the ground. June 5, 1944, the day chosen for Operation Overlord had hurricane wind and drenching rain. On June 6, seas calm, low clouds hiding the ships, the continental forces still in shelter, the Allies invaded europe with much lower losses than expected.